



60day™ Challenge

# Get Started Guide

**LIFETIME**

# Table of Contents

	<b>Welcome</b>	26	<b>Appendix</b>
3	What's Included	27	Habit Tracker
4	Your To-Do List	28	Weekly Exercise Plan
5	Your Program Calendar	29	Weekly Grocery List
6	Frequently Asked Questions	30	Thanks to Our Sponsors
7	Before and After Photos		
8	60day Habits for Success		
9	<b>Nutrition Tips</b>		
10	Nutrition Non-Negotiables		
13	Your Healthy Plate		
14	Your Grocery List		
16	The Signature Shake		
17	<b>Exercise Tips</b>		
18	Exercise Non-Negotiables		
19	Foundational Movements		
20	How to Warm Up		
21	How to Strength Train		
22	How to Complete Cardio		
23	How to Find Your Zones		
24	How to Cool Down		
25	How to Upgrade Your Workout		

# What's Included?

What is it?	When is it Available?	Where Can I Find it?
Initial Consultation with a personal trainer in club	Kickoff Weekend January 28 to 30	<a href="#">Personal Training Bios</a>
8-Week Workout Program <ul style="list-style-type: none"> <li>• Daily Workout</li> <li>• Stat Tracking</li> <li>• Access to the 60day Coaching team</li> </ul>	Enroll Now Begins January 30	<a href="#">Life Time Training App</a>
Trainer Led Sweat Sessions	Every Saturday Begins February 4	In-Club or <a href="#">Life Time Training App</a>
Program options that include <ul style="list-style-type: none"> <li>• 150+ 60day Coach approved recipes</li> <li>• Weekly coaching tips and videos</li> <li>• Meal Plans and Grocery Lists</li> </ul>	Throughout the 60day Challenge	<a href="https://lifetime60day.com/go">lifetime60day.com/go</a>
Unlimited access to online coaching with the 60day virtual coaching team	Throughout the 60day Challenge	<a href="mailto:60day@lt.life">60day@lt.life</a>
Get Started Guide <ul style="list-style-type: none"> <li>• Exercise guide with tips on cardio, strength training and more</li> <li>• Nutrition guide and sample meal plan</li> <li>• Grocery list and shake guide</li> <li>• Appendix with templates for a habit tracker, meal plan, grocery list and workout plan</li> </ul>	Now!	<a href="https://lifetime60day.com/go">lifetime60day.com/go</a>
60day Participant Tee	Kickoff Weekend	In-Club

# Your To-Do List

## PRE-KICKOFF

- Read through this guide to prepare for the 60day Challenge
- Schedule your initial consultation with a personal trainer in club

## KICKOFF WEEK

- Complete your initial consultation with a trainer
- Take your starting measurements
- Take three (3) "before" photos (front, side and back)
- Download the [Life Time Training App](#) and enroll to receive your workouts
- Read the rules at [lifetime60day.com/rules](http://lifetime60day.com/rules)

## DURING THE 60DAY CHALLENGE

- Complete weekly progress check-ins using the [Life Time Training App](#)
- Attend weekly Saturday Sweat Sessions either in-club or at [lifetime60day.com/go](http://lifetime60day.com/go)
- Complete the daily workout using the Life Time Training App
- Try out the 60day approved recipes at [lifetime60day.com/recipes](http://lifetime60day.com/recipes)
- Download your resources at [lifetime60day.com/go](http://lifetime60day.com/go)

## ACHIEVEMENT WEEK

- Take four "after" photos (front, side, back and lifestyle)
- Submit your photos and story March 20 to March 27
- Vote for your favorite story April 12 to 14
- Watch the website on April 21 as we announce all winners at 12pm CST

# Program Calendar

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JANUARY	22	23	24	25	26	27	28 <b>KICKOFF EVENT</b>
	29	30 <b>In-App Workouts Begin</b> <b>Suggested Habit</b> Make your first meal of the day high in protein	31	1	2	3	4 <b>Sweat Session</b>
	5	6 <b>Suggested Habit</b> Eat one gram of protein per pound of ideal bodyweight	7	8	9	10	11 <b>Sweat Session</b>
FEBRUARY	12	13 <b>Suggested Habit</b> Choose real food carbohydrates	14	15	16	17	18 <b>Sweat Session</b>
	19	20 <b>Suggested Habit</b> <25g of added sugar per day	21	22	23	24	25 <b>Sweat Session</b>
	26	27 <b>Suggested Habit</b> Drink 8 cups of water per day	28	1	2	3	4 <b>Sweat Session</b>
MARCH	5	6 <b>Suggested Habit</b> No mindless snacking	7	8	9	10	11 <b>Sweat Session</b>
	12	13 <b>Suggested Habit</b> No devices 1 hour before bed	14	15	16	17	18 <b>Sweat Session</b>
	19	20 <b>First day to submit</b> <b>Suggested Habit</b> 10,000 steps per day	21	22	23	24	25 <b>Sweat Session</b>
	26	27 <b>Last day to submit</b>	28	29	30	31	1

## Key Dates

The 60day Challenge | **January 28 to March 27**

Deadline for Submissions | **March 27**

Vote for your Favorite Stories | **April 12 to 14**

Grand Prize Winners Announced | **April 21**

# Frequently Asked Questions

## When Does the 60day Challenge Start?

The 60day Challenge officially starts Saturday, January 28. You'll complete your kickoff appointment with a Personal Trainer over the weekend (Jan 28 to 30), so you can begin the 60day Challenge with a plan in place and hit the ground running.

## How Can I Track My Stats During the Challenge?

The Life Time Training app will be available for you to track your progress throughout the challenge.

## How Do I Access the Daily Workouts?

Once the Challenge starts, you'll find your daily workout in the Life Time Training App. You can download the Life Time Training App following this link here: [Life Time Training App](#). Your workout program will begin on Monday, January 30.

## How Do I Access the Meal Plans, Recipes, Tips and Virtual Coaches?

All your additional resources are available on the participant-only page, which is found at [www.lifetime60day.com/go](http://www.lifetime60day.com/go). There you can use the secondary navigation bar to see what's featured as the weekly content or select from the "Quick Links" area if you'd like to go directly to a page.

## What are the Saturday Sweat Sessions?

The Saturday Sweat Sessions are exclusive Challenge participant workouts that take place each Saturday during the 60day Challenge. These are a great way to learn tips from our fitness professionals and get a great trainer-led workout in every week.

## Where Can I Upload My Photos and Story?

You can keep your before photos saved on your device until the end of the Challenge. You can submit all seven photos (before and after) and your story to [www.lifetime60day.com/submit](http://www.lifetime60day.com/submit) anytime between March 20 to March 27, 2023 by 9:00pm CST.

## How Do I Modify for XYZ Injury?

If you have a limitation or are in need of exercise modifications, send the 60day coaching team an email at [60day@lt.life](mailto:60day@lt.life). We're happy to connect you to a fitness professional to discuss customized programming options for your needs.

## Do I Have Access to the Workouts When the Program is Over?

You will have access to the 60day workouts until you choose to enroll in another program within the Life Time Training App.

# Before and After Photos

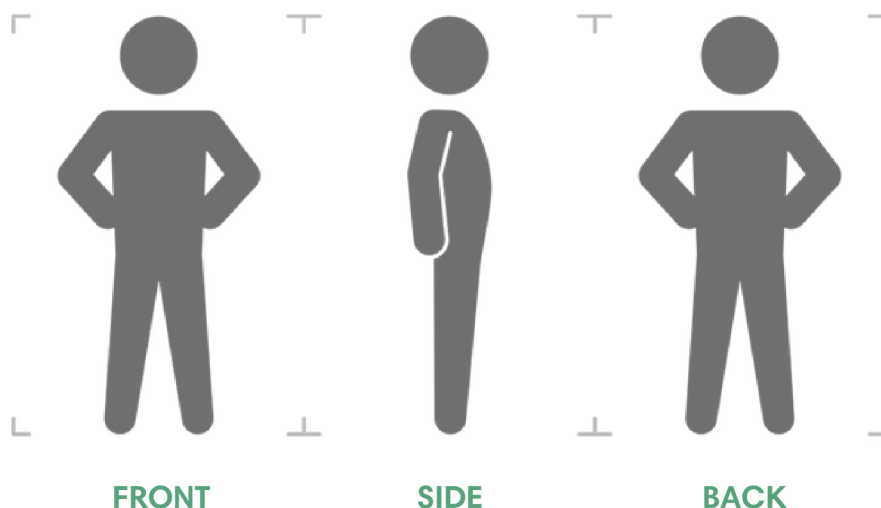
Taking progress photos is an important part of any body transformation journey – even if you don't intend on sharing these photos with anyone. Progress photos are a great way to track your success beyond the scale, as your body's appearance may change even when the number on the scale won't budge.

For the purpose of the 60day Challenge, you will take three “before” and four “after” photos: Front, side, and back. Additionally, an “after” Lifestyle photo. We highly recommend these are taken at home and saved in a safe place on your device.

**Do not submit these prior to March 20.**

To receive top marks during judging, follow these guidelines:

- Dress in a swimsuit or similar clothing – clothes in your “after” photos should closely resemble clothes in your “before” photos
- Clearly shown participant wristband– recommended, not required
- Show at least  $\frac{3}{4}$  body to show full transformation
- Stand comfortably, without pushing out or sucking in your stomach
- NEW “Lifestyle” after photo:
  - a photo of you in normal attire that you feel your best and confident in
  - aim to avoid other people in the background of your photo



# 60day Habits for Success

60day<sup>Challenge</sup>

Participants focused on the eight habits below have historically achieved the most success throughout the challenge. We recommend using the tracker on page 27 and picking one habit to focus on each week, stacking them as you feel comfortable.

## Week 1

Make your first meal of the day high in protein

## Week 2

Eat one gram of protein per ideal pound of bodyweight

## Week 3

Choose real food carbohydrates

## Week 4

<25g of added sugar per day

## Week 5

Drink 8 cups of water per day

## Week 6

No mindless snacking

## Week 7

No devices 1 hour before bed

## Week 8

10,000 steps per day





# NUTRITION TIPS

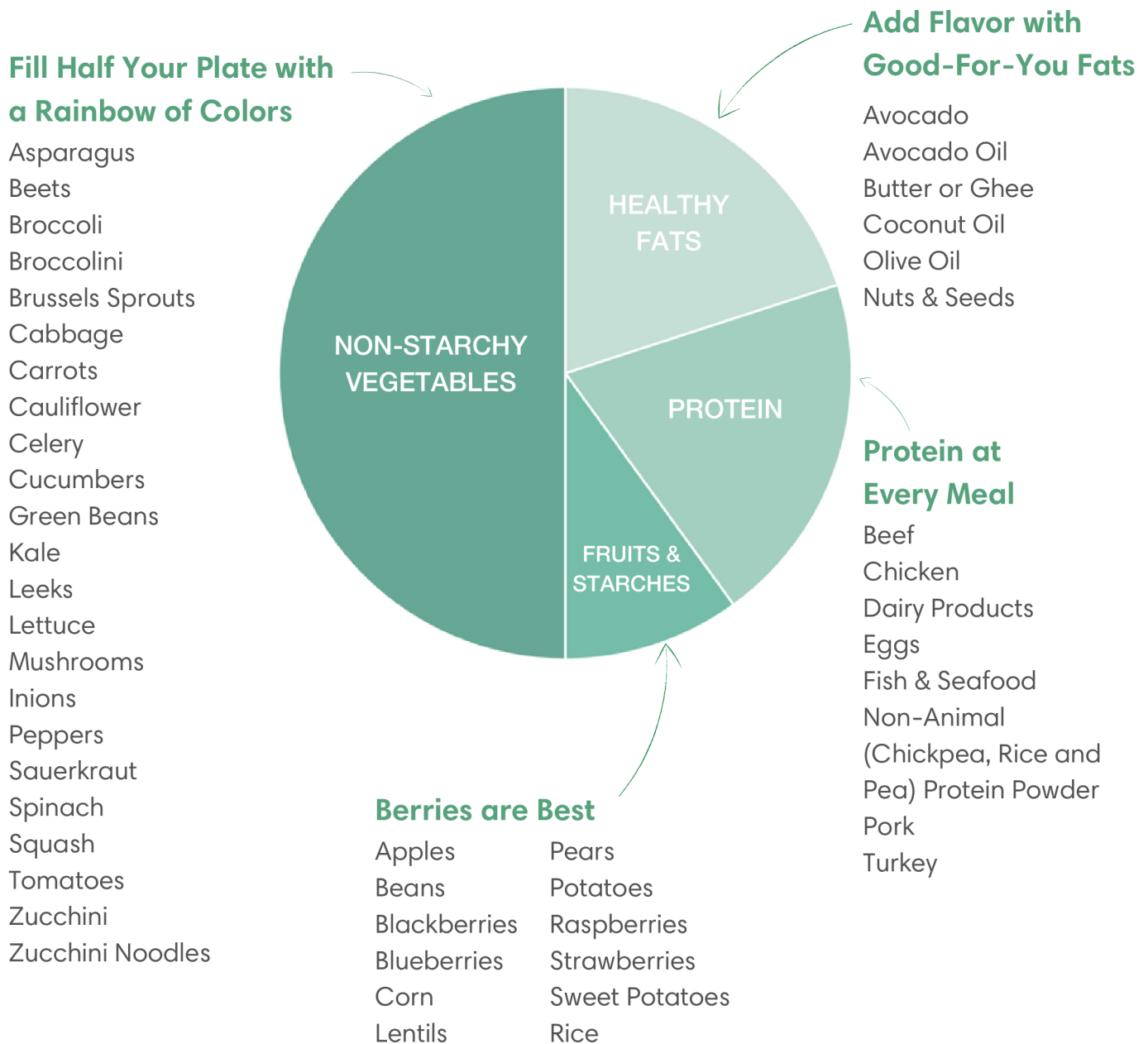


## Nutrition Non-Negotiables

- Focus on getting ample protein at every meal
- Fill half your plate with non-starchy vegetables at every meal
- If you're not used to preparing food, use more prepackaged foods for convenience
- Eat only when you are truly hungry, not based solely on the clock
- Supplement the food you eat with a high-quality multivitamin and fish oil daily
- Plan to eat at least 5 cups of colorful vegetables each day
- Drink at least 64 oz. of water each day
- Choose high-quality protein whenever possible
- Add natural, unprocessed fats to flavor your meals
- Document your success with these strategies

# Your Healthy Plate

Healthy eating can be flexible – it just takes the right foods put together in the right balance. Use the guide below as an inspiration to put together meals with the proper emphasis on different food categories to help both boost your satisfaction and drive results.



# Your Grocery List

60day<sup>Challenge</sup>

## BEEF

\*Grass-Fed

- Filet Mignon
- Ground Beef
- Round Steak
- Sirloin Steak

## FISH

\*Wild-Caught

- Cod
- Halibut
- Lobster
- Salmon
- Scallops
- Shrimp
- Tuna
- White Fish

## POULTRY

\*Free-Range/Pastured

- Chicken
- Eggs
- Turkey

## PORK

\*Pasture-Raised

- Bacon, Nitrate-Free
- Pork Chops
- Pork Loin

## DAIRY

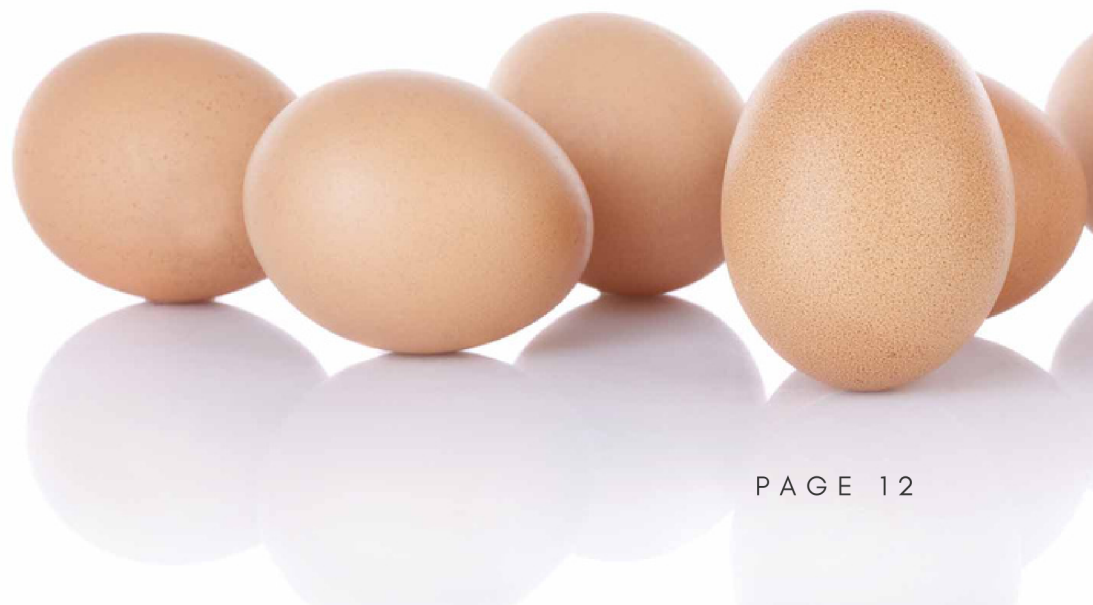
- Aged Cheese
- Block Cheese
- Cottage Cheese
- Milk
- Pastured Butter, Organic
- Plain Greek Yogurt
- Ricotta Cheese

## DAIRY ALTERNATIVES

\*Avoid Carrageenan

\*Choose Unsweetened

- Almond
- Coconut
- Macadamia



# Your Grocery List

60day<sup>Challenge</sup>

## RED

\*Purchase organic if possible

- Apples
- Beets
- Cabbage
- Cherries\*
- Cranberries
- Peppers\*
- Pink Grapefruit
- Pomegranates
- Radishes
- Raspberries
- Rhubarb
- Strawberries\*
- Tomatoes
- Watermelon

## ORANGE & YELLOW

- Apricots, Fresh
- Cantalope
- Carrots
- Lemons
- Mangoes
- Nectarines\*
- Oranges
- Peaches\*

- Pears\*
- Pineapple
- Pumpkin
- Rutabagas
- Squash
- Sweet Potatoes
- Tangerines

## GREEN

- Artichokes
- Asparagus
- Avocados
- Broccoli
- Brussels Sprouts
- Cabbage
- Celery\*
- Collard Greens
- Cucumber
- Green Grapes
- Green Beans
- Green Onions
- Honeydew
- Kale
- Kiwi
- Lettuce
- Limes

- Peas
- Spinach\*
- Zucchini

## WHITE

- Bananas
- Cauliflower
- Coconuts
- Fennel
- Garlic
- Jicama
- Leeks
- Mushrooms
- Onions
- Parsnips
- Shallots
- Turnips

## PURPLE

- Blackberries
- Blueberries
- Eggplant
- Grapes

### Coach Tips:

- Aim for three non-starchy vegetable servings for every one fruit serving
- Keep starchy vegetables to ½ cup at a time on days that you are active (potato, corn, peas, winter squash)

# Your Grocery List

60day<sup>Challenge</sup>

## STARCHES

- Black, Pinto, White Beans
- Brown Rice
- Cannellini Beans
- Chickpeas
- Lentils
- Plain Oats
- Potatoes
- Quinoa
- White Rice
- Wild Rice

## APPROVED SWEETENERS

- Allulose
- Monk Fruit (usually granulated)
- Stevia — liquid or extract

## OILS

- Avocado Oil
- Coconut Oil
- Olive Oil
- Sesame Oil

## NUTS & SEEDS

- Unsweetened nut butters, such as almond butter, sunflower seed butter, pumpkin seed butter
- Raw nuts, such as almonds, pecans, cashews, walnuts, macadamia nuts

## FLAVORS/SEASONINGS

- Individual dried herbs and spices, such as cinnamon, oregano, etc.
- Coconut Aminos (soy sauce alternative — gluten and soy free)
- Extracts, such as almond, vanilla and maple
- Vinegar, such as red wine and apple cider vinegar





# The Signature Shake

## What is it?

Life Time's signature All-in-One Shake is a convenient, tasty and easy-to-mix option that's designed to support recovery from your workouts, help control cravings and provide the protein needed to help change body composition. It's made specifically for those who want a healthy and high-protein on-the-go shake that is satisfying and provides vitamins and minerals that are essential for energy.

## Why we love it.

At Life Time, we prioritize quality manufacturing, careful ingredient selection, and rigorous testing standards to ensure that the shakes not only taste great but are also pure and effective.

- More than 50% of the daily value of vitamins and minerals to support metabolism
- Digestive support with added probiotics and digestive enzymes
- No added sugars — naturally flavored and sweetened with monk fruit and stevia
- 30 grams of protein per serving

### 60day Coach Tip:

Members who have the most success in the 60day challenge increase their protein intake.

# The Signature Shake

60day<sup>Challenge</sup>

## How to use it.

### Meal or Snack Replacement

If you're unintentionally skipping meals or consistently making on-the-run or unhealthy choices for a given meal, using protein powder to make a shake replacement can be a healthy lifesaver. You can either blend it using one of the provided recipes, or simply shake it up with water and go.

### Plan B

Keep a serving of protein powder in a shaker cup stowed away in your office or car to serve as a great backup plan. If you're in a pinch, simply hit it with water and shake it up and you're set.

### Post-Workout

In that first hour after a strenuous workout, you can opt to consume extra protein to help replenish and rebuild.

### Boost Protein in the Foods You're Eating

Adding protein powder to yogurt, oatmeal or even coffee can give you an added boost. Check out additional ways you can use it here: "[10 Genius Ways to Use Protein Powder.](#)"



## What's the best way to purchase?

You can shop our online Health Store following the links below or stop in a LifeCafe for a quick pickup. Connect with your trainer to receive exclusive member pricing.

### [Vegan+ All-in-One](#)

(Seasonal Sea Salt Caramel, Chocolate or Vanilla)

### [Whey+ All-in-One](#)

(Seasonal Sea Salt Caramel, Chocolate or Vanilla)

### New Seasonal Flavor

#### Sea Salt Caramel

Adding to our naturally-flavored chocolate and vanilla lineup, our limited-time release is a perfect, creamy treat for the holiday season.







# EXERCISE TIPS

**60day** Challenge



## Exercise Non-Negotiables

- Complete a warm-up before every session
- Do strength training at least twice per week
- Strength training sessions should focus equally on muscle groups
- Do cardio at least twice per week
- Spend 80% of your time in heart rate zones 1 to 3
- Stretch and cool down after every session
- Ensure 7 to 8 hours of sleep daily for adequate recovery
- Prioritize fat burning during exercise (rather than calories or carbohydrates)
- Keep a gym bag packed to keep you accountable
- Track your workouts in detail to track progress or plateaus

# Foundational Movements

Foundational movements mimic activities we do throughout our daily life (i.e. squat down to pick something up, push a heavy object, etc.) and train the body as it is designed and intended to move. The foundational movements enlist multiple muscle groups, therefore developing these six movement patterns will give you the most bang for your buck when training.

Every single workout provided in the 60day and by Life Time includes these six foundational movements to improve strength, prevent injury, and aid overall health.

The six foundational movements include:



**SQUAT**



**LUNGE**



**ROTATE**



**PUSH**



**PULL**

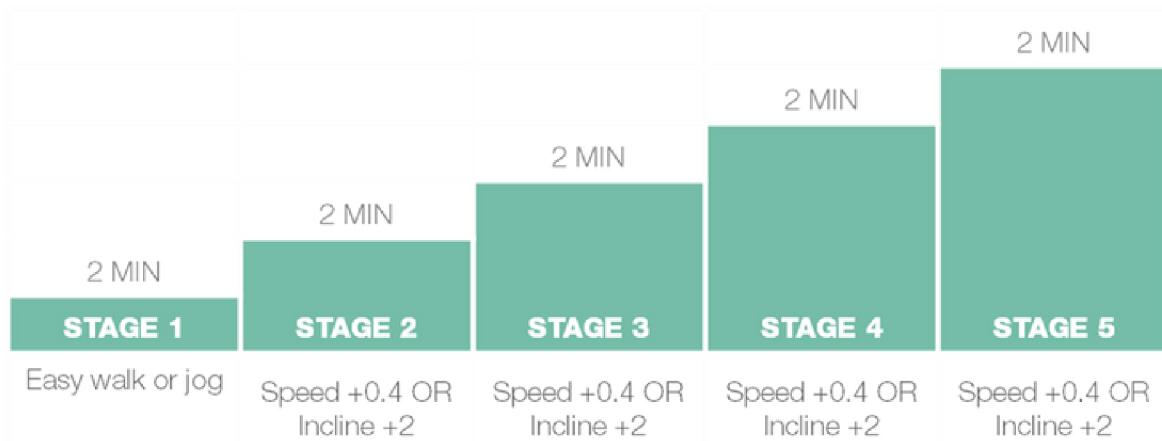


**HINGE**

# How to Warm-Up

A proper warm-up before starting any activity is crucial to prevent injury and prime your muscles to burn maximal fat calories during your workout. The warm-up also plays a significant role in your workout session's effectiveness—possibly doubling the amount of fat you burn during the exercise.

Completing a metabolic warm-up is one of the most effective ways to get your blood flowing, increase your heart rate gradually, and prep your body for exercise. This 8 to 10-minute warm-up session aims to gradually increase your heart rate by training in the five heart rate zones (learn more about heart rate zones on pages 22 and 23). It starts with a leisurely walking pace, and every two minutes, the speed or intensity (incline) gradually increases to progress into the following heart rate training zone. The chart below shows what this warm-up should look like.



Another great option to warm up, prime your muscles, and prevent injury is a dynamic warm-up. This type of warm-up consists of a series of continuous movements done in a controlled manner. It helps prepare muscles for activity by increasing blood flow to muscles, raising core body temperature, and improving range of motion. A dynamic warm-up can be a great method to incorporate into your workout plan.

Some examples of dynamic warm-up movements include:

- Glute Bridge
- Cat-Cow
- Inchworm
- Hip Opener with Rotation

# How to Strength Train

Did you know that you burn calories even after you get done strength training (yes —even at rest, you'll still be burning calories post-workout). Not to mention, you'll probably start seeing changes in appearance faster by incorporating strength training exercises.

Follow the below guidelines to make the most of your program:

- Spend at least 3 days at the club working on resistance training
- Try to do 8 to 12 repetitions per move, at least 3 or 4 times (sets)
- Do what you are most comfortable with or what you have time for — nearly all strength training (done correctly) will be beneficial and assist you in reaching your goals

## Definitions

---

### Sets

The number of times you will repeat a series of exercises before moving on to the next exercise.

### Reps

The number of times you will repeat a single exercise consecutively within a set.

### Circuit

A circuit is a series of sets you complete one after the other, without a prescribed rest in between. For example, you may complete three exercises, one set each, and then complete your rest. If you are prescribed three sets of the circuit, you would do this three times, with only three rests total.

## Adjusting Your Program

---

### When to Progress

If you can exceed the number of reps for all prescribed sets, increase the weight the following week. When progressing upper body exercises, increase the load by 2½ to 5 pounds. For lower body exercises, increase the load by 5 to 10 pounds.

### When to Regress

If you are experiencing extended soreness, cannot finish the number of reps for all prescribed sets, or have a poor night's sleep, consider regressing the program. Decrease the number of sets you complete on each lifting day or consult with a Fitness Professional to customize your program further.



# How to Complete Cardio

Cardio is how we train our bodies to become more efficient fat burners, and we do this by utilizing heart rate zone training. You've all experienced working out in the five different heart rate zones, whether you know it or not. Resting, walking, jogging, running, sprinting, or other activities that increase how hard you work are all within heart rate zones.

Our bodies typically burn fat as the primary fuel source in Zones 1, 2, and 3. At that point, you hit your anaerobic threshold (A.T.) and start using carbohydrates as the fuel source in Zones 4 and 5. Your fuel source is primarily why we do heart rate training — not only do we want to make sure we're burning primarily fat as we do cardio, but we also want to make our bodies efficient at burning fat. Working out in Zones 4 and 5 burns carbs, but it also makes our bodies better fat burners, which is why we want to balance our cardio between all five heart rate zones.

## What Does Each Zone Feel Like?

---

### **Zone 1**

Feels easy, like you could go for hours

### **Zone 2**

Breathing is heavier, but you're fairly comfortable

### **Zone 3**

Breathing feels heavy and you are working hard

### **Zone 4**

You feel winded and you're pushing yourself very hard

### **Zone 5**

You can barely catch your breath — you're at your body's absolute max

# How to Find Your Zones

Use the below chart to estimate your heart rate zones based on your anaerobic threshold (A.T.).

Determine your anaerobic threshold as follows:

## STEP 1

### Calculate

$$(220 - \text{age}) \times 0.9 = \text{A.T.}$$

## STEP 2

### Locate

Round your A.T. to the nearest 5 and locate your value in the grey bar below.

## STEP 3

### Find Your Zone Ranges

Track vertically up and down from your A.T. to understand your Zones 1 through 5.

<b>Zone 5</b>	132	138	143	149	154	160	165	171	176	182	187	193	198	204	209
<b>Zone 4</b>	121	126	131	136	141	146	151	156	161	166	171	176	181	186	191
<b>A.T.</b>	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190
<b>Zone 3</b>	108	113	117	122	126	131	135	140	144	149	153	158	162	167	171
<b>Zone 2</b>	84	88	91	95	98	102	105	109	112	116	119	123	126	130	133
<b>Zone 1</b>	83 72	87 75	90 78	94 81	97 84	101 87	104 90	108 93	111 96	115 99	118 102	122 106	125 103	129 111	132 114



## How to Cool Down

Helping your body return back to baseline after a workout and properly recovering can be just as important in achieving your results as the workout itself.

A few options to integrate into your workout plan include:

### Active Recovery

To complete an active recovery after your workout, select a cardio activity like a stationary bike or elliptical to continue light activity in zone 1. Active Recovery promotes circulation throughout the body and gradually brings your heart rate and core body temperature down to normal.

### Static Stretching

This activity is best to do during cool-down (rather than a warm-up) and includes holding a stretch for 30 to 45 seconds at a time.

### Foam Rolling

This technique – also referred to as self-myofascial release (SMR), is a form of massage that helps with circulation, reduces tissue tension and muscle soreness, and improves flexibility and range of motion. A foam roller is a dense, firm cylinder-shaped exercise tool used to place a body part directly on the roller and move rhythmically to apply pressure to tissues.



# How To Upgrade Your Workout

60day<sup>Challenge</sup>

Incorporating a variety of cardio and resistance training workouts throughout your week is essential for helping you meet your goals. However, attention to a few areas that are often overlooked can significantly impact your overall health and fitness results.

Check out the six areas below to learn how to optimize every workout:

## Complete a Quality, Effective Warm Up

Spend 8 to 10 minutes before jumping into your workout to gradually increase heart rate, blood flow, and core body temperature – this allows the body to warm up all of its metabolic systems that you will use throughout that day's workout.

## Include Foundational Movements

The six foundational movements should be the roadmap to your workout plan every week. They recruit a large amount of muscle mass and provide significant stimuli to change your body's fitness and physique.

## Allow Sufficient Recovery Time Between Exercises and Sets

Often this is an area during the workout session that is either given too much or too little attention. Rushing through the workout and not properly resting between sets or exercises doesn't allow your body to reap the benefits of the movements. While too much rest may not stress the muscles for optimal gains. Generally, about 45 to 90 seconds for those bigger lifts such as squats, deadlifts, bench-press, etc., is recommended.

## Proper Breathing Techniques

This mindful tactic allows your body to get into the correct supported postural positions to produce as much strength as possible for that specific movement, which ultimately translates to a better workout. Breathing properly is especially important when progressing throughout your exercise program and lifting heavier weights week-over-week.

## Cool Down Every Time You Workout

Be sure to finish your workout session with time dedicated to appropriate recovery. Light, low-intensity activity, static stretching, or foam rolling can be great activities to integrate into your routine to maximize results.



# APPENDIX

**60day** Challenge

# Weekly Habit Tracker

60day Challenge

Each week, fill in the blanks with habits you'd like to maintain throughout the 60day Challenge. Check the circle each day you achieve your habit.

Week: \_\_\_\_\_

S M T W T F S

_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

# Weekly Exercise Plan

Use this template to plan your weekly workouts. Designate what days you'll train in the morning or evening, check out the club's Studio schedule, and commit to at least 3 to 4 days of exercise. Don't forget to schedule active recovery days, too!

	<b>STRENGTH</b>	<b>CARDIO</b>	<b>STUDIO CLASS</b>	<b>ACTIVE RECOVERY</b>
<b>SUNDAY</b>				
<b>MONDAY</b>				
<b>TUESDAY</b>				
<b>WEDNESDAY</b>				
<b>THURSDAY</b>				
<b>FRIDAY</b>				
<b>SATURDAY</b>				

# Weekly Grocery List

## Produce

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Meat

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Spices

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Frozen

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Dairy

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Canned and Jarred

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Condiments and oils

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Dry

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

# Thanks to Our Sponsors

60day<sup>Challenge</sup>

As the Healthy Way of Life Company, we try to partner exclusively with brands that align with our philosophy and make it easier for you to live a happy, healthy life.

Thanks to our sponsors for helping to provide great content and opportunities to our members.



**SALADMASTER®**

<https://saladmaster.com/>



**HOME CHEF**

[homechef.com/lifetime](https://homechef.com/lifetime)



<https://ushbc.blueberry.org/>



<https://www.celsius.com/>



HOME CHEF

# Balance Meals... Delivered!

Home Chef's **Fresh Start** meals are perfectly portioned meals that make eating better even easier! With carb-conscious and calorie-conscious recipes that are made quick and easy, eating well never tasted so good.

Check out all the meal options at [HomeChef.com](https://HomeChef.com) & look for the Fresh Start Badge

# \$140 OFF

HOME CHEF MEALS



SCAN FOR OFFER, OR VISIT  
[homechef.com/lifetime](https://homechef.com/lifetime)

\$30 off your first four boxes plus \$20 off your fifth box for a total of \$140 off Home Chef. New customers only. Once redeemed, full balance of offer expires 10 weeks after you sign up. No carry over permitted. May not be combined with other offers. May not be used for gift cards. Not redeemable for cash. Not eligible in all states. Visit [homechef.com/terms](https://homechef.com/terms) for additional details. Void where prohibited.





Scan to find your local dealer  
to book a cooking show or get  
more Saladmaster products.



# SALADMASTER®



Saladmaster is inspiring people to live better, eat better,  
and achieve the life they desire. Transform how you cook  
and how you feel. Start a new healthy lifestyle with Saladmaster.

**Change Your Cookware. Change Your Life.®**



# Blueberries & Exercise Recovery

Researchers are exploring how blueberry consumption may help to address a wide range of health needs, including exercise recovery. To properly recover from exercise after a tough workout, eating a healthy diet is critical. Blueberries have a variety of important nutrients that may help to combat muscle fatigue and promote overall health.



## BLUEBERRIES CONTRIBUTE ESSENTIAL NUTRITION INCLUDING:

- 1 Manganese**, which can help support energy production and protect cells from oxidative stress. When the body undergoes oxidative stress, it causes inflammation and metabolic damage, which can slow down recovery from muscle strain and injury.
- 2 Vitamin C**, which has antioxidant properties that helps support immunity and promote healthy skin and connective tissue.
- 3 Polyphenols** including **anthocyanins**, which are compounds that give blueberries their beautiful blue color.

## FUN FACT: BLUEBERRIES ALSO SUPPORT HEART HEALTH

**Grab a boost of blue for a heart-smart addition** to your active lifestyle. A growing body of scientific evidence demonstrates that blueberries can be part of eating patterns to improve cardiovascular health, especially as part of an overall healthy lifestyle.<sup>1,2,3</sup>



## WHAT THE SCIENCE SAYS

New research published in the Journal of the International Society of Sports Nutrition, explores the effect that blueberries **may have on enhancing exercise performance and recovery**. This study took place in British Columbia, Canada and was conducted on 11 experienced runners.<sup>4</sup>

[Learn more here.](#)

- “Our research, which has been conducted at sea level as well as simulated altitude, has consistently found that blueberry powder supplementation blunts the increase in blood lactate response to running. This response may have positive implications for longer duration or higher intensity running performances as well as when performing at altitude.”

– Jason Brandenburg, M.Sc, PhD, Director, School of Kinesiology, University of the Fraser Valley

A research study published in the Journal of Nutrition investigated how consuming a diet enriched with blueberries affects human muscle progenitor function, the cells responsible for muscle growth and repair. This study was conducted on 12 female participants between the ages of 21 and 40, and 10 participants between the ages of 60 and 79.<sup>5</sup>

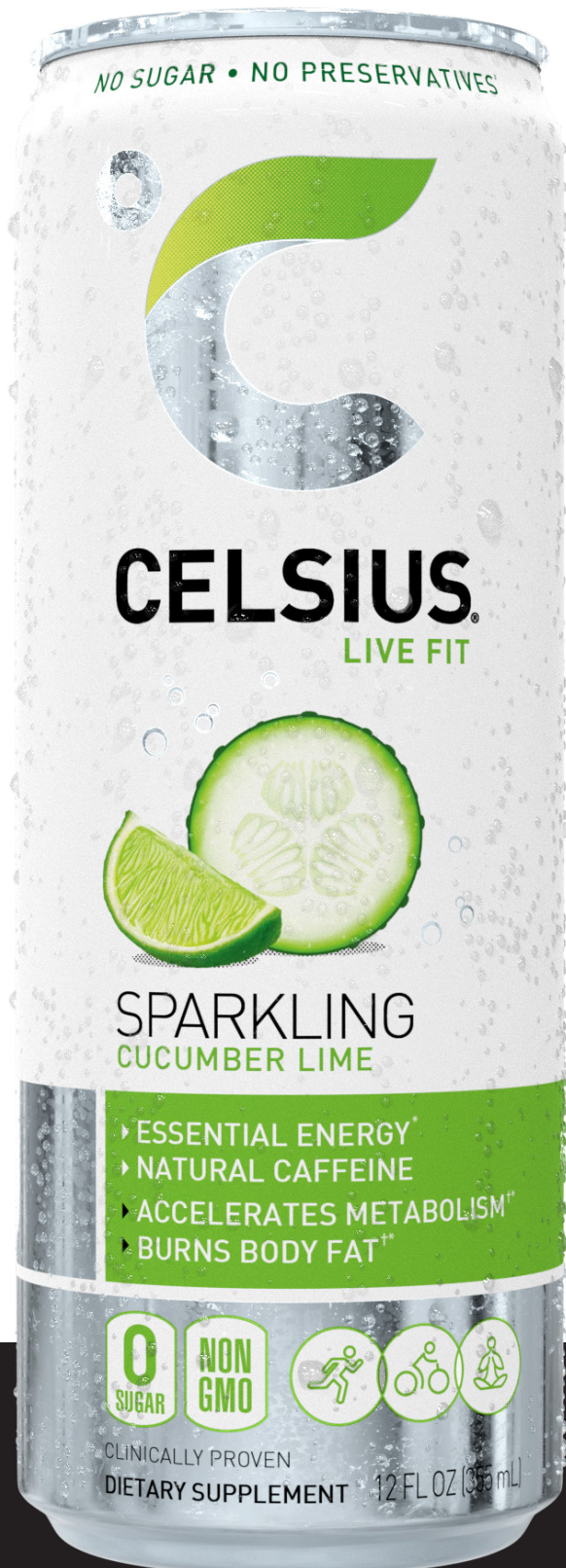
[Learn more here.](#)

- #DYK:** According to the Centers for Disease Control and Prevention, muscles lose strength, flexibility, and endurance over time. Muscle mass decreases three to five percent every decade after 30 years of age, and that rate increases over age 60. Therefore, strategies to improve muscle progenitor cell proliferation and lower oxidative stress may also help muscle regeneration during the aging process.

## References

- The American Heart Association Diet and Lifestyle Recommendations. (2020, December 2). Retrieved from <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/aha-diet-and-lifestyle-recommendation>
- Johnson SA, Figueroa A, Navaei N, et al. Daily blueberry consumption improves blood pressure and arterial stiffness in postmenopausal women with pre- and stage 1-hypertension: a randomized, double-blind, placebo-controlled clinical trial. *J Acad Nutr Diet.* 2015;115(3):369-377. doi:10.1016/j.jand.2014.11.001
- Curtis PJ, van der Velpen V, Berends L, et al. Blueberries improve biomarkers of cardiometabolic function in participants with metabolic syndrome—results from a 6-month, double-blind, randomized controlled trial [published correction appears in *Am J Clin Nutr.* 2019 Nov 1;110(5):1262]. *Am J Clin Nutr.* 2019;109(6):1535-1545. doi:10.1093/ajcn/nqy380
- Brandenburg, JP, Giles LV. Four days of blueberry powder supplementation lowers the blood lactate response to running but has no effect on time-trial performance. *Int J Sport Nutr Exerc Metab.* 2019 Nov 1;29(6):636-642.
- Blum, J.E., Gheller, B.J., Hwang, S., Bender, E., Gheller, M., Thalacker-Mercer, A.E. (2020). Consumption of a blueberry-enriched diet by women for 6 weeks alters determinants of human muscle progenitor cell function. *The Journal of Nutrition*, nxaa190.

# ESSENTIAL ENERGY



## GREEN TEA EXTRACT

The extract used contains a specific ratio of EGCG (epigallocatechin gallate) —the compound that scientists have found boosts your metabolism and helps your body burn more calories.



## GUARANA SEED EXTRACT

Unlike most guarana drinks, CELSIUS uses the seeds (instead of the roots), which contain over twice the amount of caffeine than the average coffee bean.



## GINGER ROOT

Ginger root has a wonderful spicy flavor, and it's known to help support the process of thermogenesis as well as create a positive effect on digestive systems.



## VITAMIN B

B-Vitamins are essential for energy production and they help regulate cell health as well as metabolism. They also help support your adrenal glands to help you recover from fatigue.



## VITAMIN C

Also known as an ascorbic acid, vitamin C is an essential nutrient that aids the immune system and helps with tissue repair and the enzymatic production of certain neurotransmitters.



## STEVIA

Made from plants, Stevia is a natural, zero-calorie, sugar substitute that's naturally derived from the leaves of the Stevia rebaudiana plant species found in Brazil and Paraguay.

AVAILABLE AT THE



LIFECAFE®

©2023 LIFE TIME FITNESS, INC. All rights reserved

Individual results may vary. Factors such as diet, genetic makeup, overall health and physiological differences may influence results.

Please consult with your physician before embarking on any new nutritional and exercise program. Results not typical. See Official Rules at [www.lifetime60day.com/rules](http://www.lifetime60day.com/rules) for details and prize information. All amounts are in USD.

**LIFETIME**<sup>®</sup>